TRACKING ...

NEWS

Family Readiness Center opens

PAGE 4



Post beats drum against violence

PAGE 4



Children learn about EOD safety PAGE 8

SPORTS

USC suits up for wounded warriors

PAGE 12

IINDEX

News	3-16	Happenings	2
Year of the N	CO 10	Health	2
Family	11	FMWR	2
Sports	12	DHR	2
Around Pos	t 18-19	Police	2

The Fort Jackson Telegraphic Learning The Fort Jackson Telegraphic Telegraphic



Thursday, October 22, 2009

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www.jackson.army.mil

Training day

Lt. Gen. Hertling visits Fort Jackson

By STEVE REEVES

Fort Jackson Leader

The Army's first head of Initial Military Training said Tuesday that leaders have to develop new and creative ways to train today's generation of Soldiers.

Lt. Gen. Mark Hertling, who was recently promoted, was named the deputy commanding general for Initial Military Training. He made his remarks to officers and senior enlisted Soldiers taking a pre-command course at Victory University.

IMT, part of Army Training and Doctrine Command, includes Basic Combat Training, Advanced Individual Training, One Station Unit Training and the Basic Officer Leaders Courses.

Hertling, who is now responsible for managing the training of Soldiers from the day they enter the Army until they report to their first duty assignment, said the young people entering the Army today have different societal and physical standards from previous

generations.

"The young men and women we are getting today are very different," he said.

Hertling said young people today are often not physically fit when they first enter the military, nor are they familiar with the Army's core values.

"The society we're drawing from is getting further and further from that flag we've planted," Hertling said. "It's our job as lead-

See **HERTLING**: Page 3

New star



Photo by STEVE REEVES

Brig. Gen. Mark McAlister recites the oath of office during his promotion ceremony Friday at the Officers' Club. McAlister is the commander of the U.S. Army Soldier Support Institute. Lt. Gen. Edgar Stanton, military deputy for budget, administered the oath of office. For more on the promotion, see Page 3.

Texting, driving a deadly combination

arlier this month, our commander in chief, President Obama, issued an executive order banning federal employees from text messaging while driving a government owned vehicle or while driving a privately owned vehicle on government business.

This order applies to roughly 3 million workers and the scope of the mandate extends into the consideration of new rules and programs and conducting awareness training surrounding the risks that a person takes while attempting to drive and text simultaneously. In case you weren't aware, the policy on Fort Jackson for text messaging while driving is clear cut.

It is not permitted, and violators will be cited by our military police officers. Risks are variables that we take very seriously around here. We work hard to reduce them or eliminate them completely when possible.

If certain actions can seriously imperil one's safety, then there needs to be some sound justification behind engaging in those actions. Texting while driving might save you a few minutes, but could end up costing you your life. Good judgment and good common sense are things that I hope Soldiers and civilians practice at all times, regardless if they are on duty or at their government workplace.

Let's focus for a moment on some of the findings asso-

BRIG. GEN. BRADLEY W. MAY

Fort Jackson Commanding General



ciated with cell phone usage and texting while driving. The National Highway Safety Administration estimates that 5,870 drivers were killed last year and 515,000 people were injured in accidents involving distracted drivers. Furthermore, 16 percent of all fatal crashes in 2008 were tied to drivers who had been distracted.

According to researchers from the Virginia Tech Transportation Institute, any use of a cell phone during driving increases the potential for an accident. This study involved data received from drivers in more than 6 million miles of travel. The study also concluded that a driver who texts is almost 24 more times more prone to get into an accident than a driver who is just doing what he is sup-

posed to be doing — driving.

Consider that the president's order has not received any opposition so far from the cell phone industry. Conversely, AT&T is planning an ad campaign aimed at discouraging texting while driving. Only 17 states have some type of ban on the use of cell phone use — and South Carolina is not one of those states. Eighteen states — including our northern neighbor, North Carolina — have enacted laws prohibiting texting while driving.

There is a growing movement however, that is aimed at encouraging lawmakers to enact a nationwide ban on texting while driving. As always, my main concern is Fort Jackson and the safety of our Soldiers, families and the civilian members of our Army community.

I support our commander in chief's decision to issue the first federal restrictions on cell phone distractions as we continue to adhere to our regulations governing the use of electronic devices while driving on post. At the same time, I want to reiterate that all members of our community who drive need to practice good judgment and use common sense.

For texting, driving isn't the time, and the road isn't the place.

Army Strong!

Leader The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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To submit articles, story ideas or announcements for the community page, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fileader@conus.army.mil.

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Staff writer	Delawese Fulton
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Web site	www.jackson.army.mil

Ask the garrison commander:

What is character of service?

What does "character of service" mean as it relates to my DD Form 214 (Certificate of Release or Discharge from Active Duty)?

"Character of Service" — block 24 on the DD Form 214 — is a determination reflecting a Soldier's military behavior and performance of duty during a specific period of service. The three administrative characters are: honorable, general (under honorable conditions), and under other than honorable conditions. The service of Soldiers in entry level status (180 days or less) is normally described as uncharacterized, unless they have successfully completed both basic and advanced individual training. Punitive discharge under the Uniform Code of Military Justice is characterized as "bad conduct" or "dishonorable."

When can I get my retiree identification card, and what documents are required for insurance?

As of Aug. 26, the Department of Defense approved the initial issuance of the retiree ID card. You will need two current forms of ID, i.e., a federal or state picture ID and Standard Form 50 (SF-50). Another form of ID from the Department of Homeland Security or one listed on the U.S. Citizenship and Immigration I-9 document list may be used, as well. For more information on acceptable forms of identification, please visit http://www.uscis.gov/files/form/i-9.pdf.

What are the rules governing soliciting local business to contribute items to give away at unit organization days or parties?

According to AR 100-1, Gifts and Donations, Department of the Army personnel may not solicit gifts from

COL. LILLIAN A. DIXON Fort Jackson

Fort Jackson Garrison Commander



potential donors. Unsolicited gifts of nominal value offered by outside sources may be accepted; when in doubt always consult your ethics counselor. Family and Morale, Welfare and Recreation is authorized to solicit commercial sponsorship under the authority of AR 215-1.

Sponsorship solicited by FMWR is used for FMWR programs and events to include unit funds and is defined as the exchange of funding, goods, or services by an individual, agency, company, or corporations in return for public recognition or opportunities for advertising.

Only FMWR sponsorship and advertising personnel who have received annual sponsorship training, attended ethics training, and who have been appointed in writing, are authorized to solicit and sell on behalf of Army FMWR programs and events.

GARRISON FACT OF THE WEEK

Twenty-three of 44 U.S. presidents have served in the Army; 19 of whom served in a time of war, with two of them achieving five-star rank, and one of them earning the Medal of Honor.

To submit questions, call 751-2842, or e-mail scott.nahrwold@conus.army.mil.

McAlister promoted to flag officer

By STEVE REEVES

Fort Jackson Leader

Mark McAlister, commander of the U.S. Army Soldier Support Institute, was promoted to brigadier general during an Oct. 16 ceremony.

McAlister took command of the Soldier Support Institute in July.

McAlister said he was honored and humbled by the promotion and said the credit belongs to his family, particularly his wife Beverly, and the Soldiers he commands.

"This is not about me," he said.

Prior to his current position, McAlister, an Iraq War veteran, was assigned to the Pentagon as executive officer to the assistant secretary of the Army (Finance Management and Comptroller) and chief of Plans, Programs and Budget Integration.

A graduate of Hampton Institute (now Hampton University) and Indiana University, McAlister was previously assigned as commander of the 18th Soldier Support Group (Airborne), chief of the Defense Integrated Military Human Resource System program and commander of the 8th Finance

Battalion

"I've always been proud to be a Soldier, I've always been proud to wear the uniform," McAlister said during his promotion ceremony at the Fort Jackson Officers' Club. "Soldiering is just simply about doing the right thing, about trying to make this day a little bit better than the day before."

Lt. Gen. Edgar Stanton, the military deputy for budget, worked with McAlister at the Pentagon and traveled to Fort Jackson to participate in McAlister's promotion ceremony.

McAlister performed brilliantly in his previous assignment at the Pentagon, where he was responsible for managing hundreds of millions of dollars for the wars in Iraq and Afghanistan, Stanton said.

"It just could not have been done better," Stanton said.

Stanton praised McAlister's accomplishments and his leadership ability.

"There is not a finer leader in our ranks than Mark McAlister," Stanton said. "He is eminently qualified to do what we're going to ask him to do over the next several years."

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Photo by STEVE REEVES

Brig. Gen. Mark McAlister escorts his wife, Beverly, at the conclusion of his promotion ceremony Friday at the Officers' Club.

Hertling: New, creative ways of training should be considered

Continued from Page 1

ers to instill in them those values."

Hertling is responsible for ensuring that Soldiers receive the training they need to go to their first duty assignment and perform their jobs competently, as well as be prepared for combat.

Among the issues Hertling said he will address are improving Soldiers' physical fitness, standardizing marksmanship training and instilling ethics. He said young Soldiers are technologically savvy and new ways of training them should be considered, including using creative ideas such as issuing trainees iPhones, which could be used as mobile classrooms.

"We've got to find new training models, new learning models," he said.

Though young people entering the Army today are different from previous generations, Hertling said they do have something in common with older Soldiers.

"They want to be a part of something bigger than themselves," he said. "It's up to us to draw that out of them."

Hertling said the officers and noncommissioned officers responsible for training Soldiers have a tough and often thankless assignment.

"It's the hardest and least sexy, but most important, job in TRADOC," he said.

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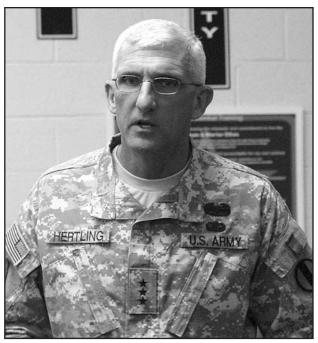


Photo by STEVE REEVES

Lt. Gen. Mark Hertling, TRADOC deputy commanding general for initial military training, addresses students at Victory University during his visit to Fort Jackson Tuesday.

Hertling, FRGs discuss programs

Leader staff report

Sue Hertling, wife of Lt. Gen. Mark Hertling, joined a group of Fort Jackson's Family Readiness Group leaders for a roundtable discussion as part of her visit to the post Tuesday.

The group met to discuss some of the achievements and issues facing the post's FRGs.

"I'm here to learn," Hertling told the group.

She also praised the group members for their hard work, thus far.

"I feel like saying 'thank you' is not enough for what you do," she said.

Among the achievements discussed during the meeting were the opening of the new Family Readiness Center, programs — like COAST and A.T. E.A.S.E. — that focus on acclimating new spouses to the post and the revised IET Spouses Handbook, which was introduced earlier this year.

The group also discussed a new program implemented by some battalions called "Ask a Spouse," in which spouses, who are identified by wearing matching T-shirts, make themselves available during Family Days and graduation to answer questions from family members.

Family Readiness Center opens

By SHARONDA PEARSON

Fort Jackson Leader

Post leaders gathered Wednesday to celebrate the grand opening of Fort Jackson's new Family Readiness Center.

Brig. Gen. Bradley May, Fort Jackson commanding general, said the opening of the building is a way to show the Army understands that a strong Army starts with its families.

"(The FRC building) demonstrates the Army's commitment to Soldiers, family members and civilians," May said.

"What a great day for Fort Jackson, and military families," he said. "With our nation being at war for nearly nine years, (opening the FRC building) reaffirms the Army's pledge to support Army families."

Maj. Karen Dillard, who is working hand-in-hand with spouses and unit leaders on the post's FRG programs, said during a roundtable discussion Tuesday that the FRC would work as a kind of one-stop shop for spouses.

"The leaders of Fort Jackson realized that it's all about family. This building backs that. (Soldiers) cannot focus on their mission if they are worried about their families getting the services they need," Dillard said.

"The building is an information referral center for Soldiers and their families," she said. "It is here to help families get the service they are looking for."

Patricia Guillory, Mobilization and Deployment Readiness program director, said senior commanders have done a lot to help families by having a dedicated space for families.

The building will be used to host functions, as an information referral service and for meetings and training. There are also two computer rooms available for FRC members to come and work on materials, such as pam-



Photo by SHARONDA PEARSON

From left, Cheryl Stall, Beth Shwedo, Brig. Gen. Bradley May, Fort Jackson commanding general, Jan May and Col. Jeffrey Sanderson, Fort Jackson chief of staff, participate in a ribbon-cutting ceremony for the Family Readiness Center Wednesday.

phlets and flyers. Additionally, information on all the programs that ACS provides can also be found at the building, Dillard added.

The building is already getting good reviews.

"The Family Readiness Center is a great place for families and Soldiers to access the information they need to be successful as Army family team members," said Carrie Murray from the 2nd Battalion, 60th Infantry Regiment

Murray was among the FRG leaders who attended Tuesday's roundtable discussion.

Guillory, whose office is now housed in the FRC, said she envisions the building expanding into something even better

"The FRC building is the greatest idea, and a longtime goal that I witnessed come into fruition, she said. "I would like to see a room just for family members to come and network — a fun center where refreshments are available."

The Family Readiness Center is located off Jackson Boulevard at 3499 Daniel Street, next to Darby Field. Sharonda.Pearson@us.army.mil

Community called to action on domestic violence

By SUSANNE KAPPLER

Fort Jackson Leader

Fort Jackson Soldiers, family members and civilians gathered Saturday to take a stand against domestic violence. The post's sixth annual Domestic Violence Awareness Rally started with a march led by the Columbia High School band and concluded with a ceremony at the Solomon Center.

The guest speaker was Henry McMaster, South Carolina attorney general, who has established a corps of special prosecutors for domestic violence cases and has mandated that each county set aside special days to try those cases.

"The most important part is not the structure," McMaster said, referring to those measures. "The most important part is the attitude of the people, just like the most important part is the attitude of the Soldier. You have to have the right attitude to do this job. You have to want the right thing. You have to have courage, you have to have discipline, you have to have training, you have to have leadership. And you've got it in the Army. But we need it in (the fight against) domestic violence."

McMaster emphasized that there is no excuse for domestic violence and said it was

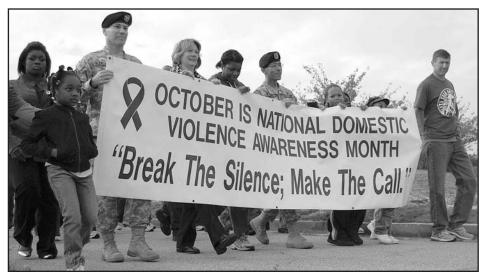


Photo by SUSANNE KAPPLER

Members of the Fort Jackson community march against domestic violence during the post's Domestic Violence Awareness Rally Saturday.

up to everyone in the community to stop it.

"I say to everyone: Get involved in this. This is your state. This is your country. Take a stand in the life of your state and your country," he said. "If you see something, say something. There hasn't been a single case of criminal domestic violence in the history of South Carolina that could not have been prevented if some outside person who saw something had said something."

Col. Lillian Dixon, garrison commander, agreed that domestic violence is everyone's business.

"Domestic violence is an offense against our institution of the Army values. One incident is one too many," she said. "Each and every one of us must take a role in prevention. In this crucial issue, no one is an innocent bystander."

Dixon said that unfortunately, domestic

violence is a reality in the Army.

"We are a nation at war. And the psychological effects of war can be so damaging, so invasive and so harmful — it will cause us to hurt those we love the most," she said.

She implored the Soldiers present to take advantage of programs offered by the Army.

"When you are faced with these types of challenges, you have to seek help," she said. "There are a lot of agencies that will help you."

Kimberly Henderson, a family member, attended the rally with her three sons.

"I was a victim of domestic violence in the past, and I thought it was important for my sons to come out and learn more about it," Henderson said. "There are people ... out there who are afraid to come forward. Maybe I can step in and let someone know that there is help. Maybe I can make a difference."

Dixon said she expects everyone in the Fort Jackson community to take action against domestic violence.

"By working together, we continue to build a society that respects the life and dignity of each and every person," she said. "I call on every member of this community to join this campaign."

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'Pathway to graduation' takes shape

By SUSANNE KAPPLER

Fort Jackson Leader

Visitors entering Fort Jackson through Gate 4 are now welcomed by a new sign placed in front of a row of Palmetto trees. The sign was dedicated in a ceremony Oct. 15 and is part of the initiative "pathway to graduation," which aims to make graduation a more pleasant experience for visitors from across the country.

The initiative is a 10-year partnership among Richland County, Fort Jackson and several Midlands-area organizations. It started two years ago and is scheduled to culminate in the redesign of Hilton Field, said Jim Olsen, plans specialist with the Plans, Analysis and Integration Office.

"That timing was significant, because the 10th year is 2017, which is our 100th anniversary," Olsen said. "What we realized is, at the 50th anniversary, the city gave (Fort Jackson) the Andrew Jackson statue. And so we wanted to do something bigger and better for the 100th anniversary."

The new sign at Gate 4 is the latest in a series of projects.

The initiative started as a partnership between the Richland County Appearance Commission and Fort Jackson. The two partners created a task force to come up with a concept to make the "pathway to graduation" more appealing to visitors.

"The task force has accomplished several of its goals, including the restoration of the garden at Andrew Jackson's statue, the beautification of Gate 1, working with DOT (Department of Transportation) to replace



Photo by SUSANNE KAPPLER

Col. Lillian Dixon, garrison commander, speaks at the dedication ceremony for the new welcome sign at Gate 4 Oct. 15.

some confusing highway directional signs on I-77 and the awarding of a grant to beautify Forest Drive interchange," said Ryan Nevius, Richland County Appearance Commission.

Richland County Councilwoman Valerie Hutchinson said she wanted members of the Fort Jackson community to know how much they are appreciated outside the installation's gates.

"We wanted to reassure these visitors and their loved ones serving in the armed forces that we, as a community, value and appreciate their service, their sacrifice and their patriotism," Hutchinson said.

Since the inception of the project, other partners have come on board, such as Columbia Green, an organization dedicated to the beautification of the Columbia area, which financed the landscaping surrounding the new welcome sign.

"I think this (project) allows us to put our best foot forward and to show visitors that Columbia residents take pride in their city and fully support the fort's presence here," said Columbia Green's Susan Hamilton.

Fort Jackson is host to approximately 300,000 visitors each year who attend graduation ceremonies. Col. Lillian Dixon, gar-

ON THE WEB

During the ceremony, Capital City Lake Murray Country announced the launch of a new Web site geared toward military visitors to the Columbia area. The site can be accessed at www.militaryactivitiessc.com.

rison commander, said for many of those visitors, coming to Fort Jackson is their first visit to a military installation.

"To have this symbol when they come into this gate — it really says it all with the last sentence, 'We honor your service,'" Dixon said. "That's not just the Soldiers who have made the ultimate decision to join our ranks, but also those family members who will be supporting them throughout their tour in the military.

"I can't tell you how much the support the community gives to us means to those family members and how much it means to those Soldiers and their families," she said.

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CAMPAIGN PLAN FOCUS

athway to graduation is a project in support of the Army Community Covenant (5.3 and 6.2 on the strategy map). Army Community Covenant projects are designed to enhance quality of life, one of the three lines of operation of the Fort Jackson campaign plan.

Guests of honor



Photo by VERAN HILL, Public Affairs Office

Soldiers with Company D, 2nd Battalion, 60th Infantry Regiment enjoy a lighter moment with one of the World War II veterans on post as part of an Honor Flight tour earlier this week.

Navy birthday



Courtesy photo

Rear Adm. Robert Burt, Navy Chief of Chaplains, cuts the cake during a 234th birthday celebration recently, as Cmdr. Brian Simpson, oldest Sailor, and Lt. Cmdr. David Thames look on.

EOD teaches students about explosives

By SHARONDA PEARSON

Fort Jackson Leader

Stop. Retreat. Tell an adult. Those were the instructions members of the Explosive Ordnance Disposal, or EOD, gave students at Fort Jackson if they ever encounter an explosive while playing.

Sgt. James Shoemaker was among the EOD personnel who visited C.C. Pinckney and Pierce Terrace Elementary Schools to warn students about the potential explosive hazards they might come across.

"Today we spoke to students in preschool, fourth, fifth and sixth grade. But we talk to children as young as 2 years old about the dangers of explosives," Shoemaker said.

"I just reinforce to all age groups that they should stop if they find an explosive, make sure not to touch it and go find an adult." Shoemaker added.

Thelma Gibson, Pinckney Elementary principal, said that she felt the students learned a lot from the presentation.

"The emphasis was on the 3 Rs: recognize the safety hazard, retreat from the area and report (the incident) to an adult," Gibson said.

"The information they learned will help them even when they leave Fort Jackson, and can be used anywhere in the world," she added.

Ronald Ross, the deputy director of safety at Fort Jackson, said that it was particularly important now to educate the children because of a recent incident in a housing area on post.

"A construction worker picked up a



Photo by SHARONDA PEARSON

Sgt. Dana Soroka, part of Fort Jackson's Explosive Ordnance Disposal unit, explains to a group of children at Pierce Terrace Elementary School how his body armor protects him when deactivating an explosive.

grenade, and it was live. So, because of the (ongoing) construction, it's even more important that our kids be educated," Ross said.

Stephanie Anderson, a substitute teacher at Pinckney, agreed.

"We want students to stay away from the construction sites, but they are naturally inquisitive and will probably go anyway. This helps them to know to leave (explosives) there, and go get an adult," Anderson said.

During every presentation, students are shown various explosives and are allowed to ask any questions they have about what they should do if they ever find one.

"Most students seem to be interested in which kind of explosive items are found around their homes, and of course we get a lot of questions about the robots that deactivate bombs," Shoemaker said.

Shoemaker assured students that the im-

mediate area around their homes should be safe because the Army checks for any explosives before anyone is allowed to live on a post. However, some things can be buried for a long time and never be discovered, Shoemaker said.

Students at the two elementary schools asked members of EOD several questions. "Do you ever find pipe bombs like the ones I see in video games?" one student asked.

"Have you ever found a grenade at a playground before?" asked another.

Students also described incidents in which they found explosives and other artillery on post.

"I found bullets when I was out playing with my friend," one student said.

Another student also described his experience of finding explosives. "I found a smoke grenade, and didn't know what to do with it."

Shoemaker told the students that it would not be uncommon for them to find really old bullets, ammunition cans and boxes. Although he told students they weren't likely to find dangerous explosives, he said it was important for them to remember that they did live in a hazardous area because of the amount of training conducted at Fort Jackson

"If you do find something, call the military police and they will contact the (EOD), and we will come out and check it out. But never touch it," he added.

"Anything explosive can hurt people, especially little people like you guys ... these (explosives) can really hurt people your size," Shoemaker cautioned.

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Housing Happenings

COMMUNITY UPDATES

☐ Judging for the Halloween yard decorating contest will take place Oct. 26. For more information, call 738-8275.

☐ The grass-cutting schedule will be biweekly for the remainder of the fall and winter season.

☐ Residents who fill out a comment card after being in contact with a Balfour Beatty employee have the chance to win \$100. Winners are chosen monthly.

☐ LifeWork events are free and open to all residents. To register, or for more information, e-mail cowilliams@bbcgrp.com or call 738-8275. Join the LifeWorks e-mail list and stay informed. Stop by the management office for a calendar of events. Visit www.ftjacksonfamily-housing.com.

☐ Balfour Beatty Communities is now leasing to single Soldiers E5 (promotable) and above.

There is a limited number of apartments available on Thomas Court for single Soldiers. Call 738-8275 for details.

DEVELOPMENT UPDATES

☐ JNCO / Community Center

— The Community Center is in the later stages of siding installation and painting.

— Insulation and drywall installation is ongoing.

— Two townhome buildings and one UFAS home have drywall installation and interior trim ongoing. Cabinets are being installed.

— Fourteen JNCO buildings are in various stages of framing.

☐ Senior NCO

Debris cleanup and site work is ongoing.

— The area is scheduled for building pads in approximately two weeks.

☐ Company grade officer

— All Phase One buildings are in various stages of siding installation and painting.

— Electrical and drywall installation is ongoing.

☐ Field grade officer

— Grading, site work and land preparation continues.

☐ Senior officer

Exterior painting and trim continues.

Driveway and sidewalk installation is ongoing.

— Cabinets, countertops, flooring, interior trim, HVAC units and irrigation piping are being installed.

☐ Demolition is complete for Phase One.

☐ Residents are encouraged to be cautious near construction sites.



















Thibeault: 'attitude of integrity'

Rank, name

Sgt. 1st Class Joseph Thibeault

Unit

Company B, Training Support Battalion

Military Occupational Specialty / Job title

79R, instructor / writer for the Army's recruiting course

Years in service

16

Family

Married with one stepson

Highest education

High school

Hobbies

Playing drums, computer programming, painting and mechanics

Sgt. 1st Class Joseph Louis Thibeault takes pride in being a family man and a Soldier.

He said one of his happiest and most memorable days was marrying his wife, Claudia, and becoming a stepdad to their now 7-year-old son.

Another day that comes close, Thibeault said, is the first time he jumped from an airplane.

"I was at Fort Benning, Ga., at airborne school; it was 1993," he said. "It was surreal. You don't know what to expect your first time (jumping). There was fear and anxiety mixed with the unknown."



Photo by DELAWESE FULTON

Sgt. 1st Class Joseph Thibeault, Company B, Training Support Battalion, plans to open a computer consulting business after his retirement.

NCO spotlight

In addition to Fort Benning, Thibeault has had assignments at Vicenza, Italy; Fort Bliss, Texas; Suwon, South Korea; and Sherman Recruiting Station, Texas.

He has also deployed to Uganda for Operation Support Hope; Bosnia for Operation Joint Endeavor; and Eskan Village, Saudi Arabia.

The 16-year career Soldier hopes to make the rank of command sergeant major before he retires. And, he plans to one day open a computer consulting busi-

ness.

His advice to the junior enlisted is to always possess an attitude of integrity.

"You have a choice with your actions. When you lead, your Soldiers (will) want to emulate you or they (will) want to be led by some else — whom they want to emulate," Thibeault said.

"The first is obtained not by friendship but by you having the want to lead, to succeed, to be fair, to understand and to look them in the eye and admit your mistakes. When you accomplish this you then take care of Soldiers."

We salute you!

The NCO Creed

No one is more professional than I. I am a non-commissioned officer, a leader of Soldiers. As a noncommissioned officer, I realize that I am a member of a time-honored corps, which is known as "the backbone of the Army."

I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the corps, the military service and my country regardless of the situation in which I find myself.

I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers.

I will strive to remain technically and tactically proficient.

I am aware of my role as a noncommissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own.

I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers.

I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders.

I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!

Mom seeks balance in fashion, motherhood

arlier this week, I got the opportunity to meet with Sue Hertling, wife of the first head of Initial Military Training, as part of a Family Readiness Group roundtable discussion.

I would be a part of a wonderful and hard-working group of women — who took time from their busy schedules — who would collectively and actively decide how to make Fort Jackson's FRGs the best they can be. And I was about to be part of that.

A few minutes before the meeting, I went to the bath-room to spruce up.

As I looked in the mirror, I saw that in addition to the lip gloss I'd applied and the earrings I'd put on, I was wearing another accessory — dried baby spit-up.

The telltale sign of my reflux-prone infant was on the collar of my jacket. And I didn't even have one of my blinged out "Hooah" pins to cover it up. As a mom, I was succeeding. As a fashion forward, always together, do-it-all Army spouse, not so much.

This time last year, I couldn't have imagined that I'd be going anywhere wearing a stained outfit — especially not one stained with week-old baby formula. Even pregnant, I did my best to hold on to my style, even buying a pair of high-heeled boots to wear in my last trimester (to me, the 2 1/2 inch heels were almost akin to flats).

My transformation from hip, fashionable spouse (in

CRYSTAL CLEAR
By CRYSTAL
LEWIS BROWN
Fort Jackson Leader



my mind anyway) to overly-busy mom seemed to happen overnight. A Mother's Day card I got from a friend sums it up perfectly.

There is a woman pictured on the front of the card with arrows pointing to and describing her neat hairdo, stylish clothing and sweet scent. Inside the card is the same woman, this time described much differently. Her stylish wardrobe has been replaced with a stained wardrobe, messy hair, "sensible sneakers," and an overflowing diaper bag.

Slowly, but surely, I'm trying to get back into the swing of things, but it is hard. I feel silly trying to dodge the rain as I carry my nearly 20-pound infant to the car, all the while wobbling on 4-inch heels. And the other day, I decided to wear perfume for the first time in months,

and succeeded only in giving myself a headache.

And, of course, now, the spit-up incident.

I see moms all the time who seem to have it all together. They cook, they clean, they're impeccably dressed — all while taking care of three and four children. The moms, their husbands and the children all look as though they've stepped out of a department store catalog.

Half the time, my son and I look like we've been dragged through a food fight. We start off the day just fine, he in his coordinated outfit, and I in mine. By the end of the day, however, his clothes are often splattered with food stains, and often, mine are too.

As I sat in the FRG discussion, I forgot all about the stain. But one thing Mrs. Hertling said during the meeting stood out. None of us are perfect, she said, and everyone, including the most senior spouses, have their problems. Though she wasn't talking about me, specifically, I applied her words to my situation. In comparison to all of the other issues we military spouses face every day, showing up to a meeting with a little spit-up on my collar was nothing.

Remembering that will make me feel better the next time I have to run into the grocery store with formula covering my back.

Until then, I have some laundry to do — the baby just spewed green beans and turkey puree on me.

PatriARTic show



Courtesy photo

Don Gruel and Noel Holland, both with Atlantic Coast Theater, perform "The Reluctant Dragon" for students at C.C. Pinckney Elementary School as part of the school's PatriARTS Project.

LEADER INFORMATION

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- \square Announcements are due one week before the scheduled publication. For example, an announcement for the Nov. 5 *Leader* must be submitted by Oct. 29.
 - ☐ Send all submissions to *FJLeader@conus.army.mil*.
 - \square For more information, call 751-7045.
 - \square For questions regarding advertising or subscriptions, call 432-6157.



What's the Difference?

There are 5 things different between Picture A and Picture B. Can you find them all?





8и*і*ѕѕіш имор

Answers: I. rug under TV is different 2. man has nostril 3. man has hair 4. pizza missing 5. touch

Gamecocks support wounded warriors

By MIKE A. GLASCH

Fort Jackson Leader

The University of South Carolina football team will honor wounded warriors during the Nov. 14 game against the University of Florida at Williams Brice Stadium. The Gamecocks have teamed up with the Wounded Warrior Project and Under Armor to wear special uniforms during the game.

USC Athletic Director Eric Hyman made the announcement during Tuesday's weekly football press conference

"On behalf of the University of South Carolina, I am truly excited to announce the first Wounded Warrior Project game," he said. "We don't want to forget the people who have served our country and who have done some things that allow us to play football, and do the things we do today because of people like them. This is a way to recognize and support those who have given so much for our country."

The Gamecocks will wear black uniforms with desert camouflage numbers and the Wounded Warrior Project logo. The players' names will be replaced with seven characteristics meant to honor service members — duty, honor, courage, commitment, integrity, country and service.

Coach Steve Spurrier said he is proud to be part of the partnership supporting the men and women who risk their lives to keep others safe.

"We're honored to be associated with these brave men [and women]. I like that word courage. We're trying to encourage our football players to play with a little more courage like the way these guys do for our country," Spurrier said.

After the game, the jerseys will be auctioned on the university Web site, with all the proceeds going to the Wounded Warrior Project.

The Wounded Warrior Project is a non-profit organization that aims to:

- Raise awareness and seek the public's aid for the needs of severely injured service members.
 - Help severely injured service members aid and assist



Photo by MIKE A. GLASCH

University of South Carolina football coach Steve Spurrier and Soldiers from the Fort Jackson Warrior Transition Unit display a Gamecock jersey with a desert camouflage design Tuesday during the team's weekly news conference at Williams Brice Stadium. The Soldiers pictured are, from left, Staff Sgt. Roger Butler, Sgt. Jeremy Hale and Master Sgt. Peter Lara.

each other.

— Provide programs and services to meet the needs of severely injured service members.

The University of Maryland will be donning similar uniforms that same day. Both games will be nationally televised.

"This is an amazing platform that will help us let others know about what we do and why honoring and empowering wounded warriors is so important," Steven Nardizzi, executive director of the Wounded Warrior Project, said in a release. "The incredible design of these uniforms, especially the use of warrior character traits in place of the athlete's names on the jerseys, and the overall visibility of these games will generate excitement and greatly increase public awareness of our organization and the men and women we are privileged to serve."

In addition to honoring wounded warriors, Soldiers from the 171st Infantry Brigade and the Soldier Support Institute will take part in the game's halftime activities.

Michael.A.Glasch@us.army.mil

Football standings*

Monday/ Wednesday League		Tuesday/Thur	Tuesday/Thursday League	
		3-60	5-0	
3-34th	4-0	MEDDAC	4-2	
4-10th	4-0	2-13th	4-2	
120th	3-1	TSB	4-3	
165th	2-2	187th	4-3	
SCNG	2-3	Team Camden	3-3	
TFM	0-4	MPs	2-2	
2-60th	0-5	2-39th	1-5	
* Standings as of early Wednesday.		DSS	0-6	

Sports shorts

☐ Commander's Cup bowling is scheduled for Nov. 2-4, 2-5 p.m at Century Lanes Bowling Center. The deadline to enter is Oct. 29. The event is for active duty personnel only. For more information, call 751-3006

- ☐ A 5K fun walk and 10K fun run is scheduled for 8 a.m. at Hilton Field Softball Complex. Participants can register now or on the day of the event by 7:45 a.m.
- ☐ For more information on sports events, call 751-3096.

CONTACTING THE LEADER

☐ Send your story ideas to *FJLeader@conus.army.mil* or call 751-7045.

Post H1N1 vaccine delivery delayed

Center

Wellness will

in the next

BCT are at

By STEVE REEVES

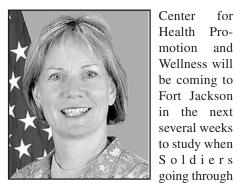
Fort Jackson Leader

Fort Jackson likely won't get its allotment of H1N1 vaccine until mid-December, though officials still hope to vaccinate Soldiers before they leave for holiday block leave.

Col. Nancy Hughes, commander of Moncrief Army Community Hospital, said the H1N1 vaccine had been expected to arrive on post by the end of this month but that the shipment has been delayed.

Block leave begins Dec. 18. Soldiers will not be kept from taking block leave if they have not been vaccinated for H1N1, but will be confined to sick quarters if they have flu-like symptoms, Hughes said.

Hughes said personnel from the Army



HUGHES

their vulnerable for contracting H1N1.

Groups of Soldiers will be tested throughout the 10-week BCT cycle, in twoweek intervals from arrival at reception to blue phase training to see if certain factors, such as lack of sleep, make it more likely

for a Soldier to contract H1N1 at a partic-

The study will help officials determine the best course of action to combat the spread of the virus.

"We'll see if we can figure out where our vulnerabilities are," Hughes said.

Fort Jackson has obtained a limited supply of H1N1 vaccine from the S.C. Department of Health and Environmental Control, Hughes said. Those vaccines will be given based on established priority guidelines.

Hughes said it is important that people on post continue to practice good hygiene, such as frequently washing their hands, and staying home from work if they have flulike symptoms.

John Coynor, Fort Jackson's force pro- ority list for the H1N1 vaccine.

tection officer, said as of Monday there were 18 Soldiers confined to quarters with flu-like symptoms.

Coynor said if Soldiers are unable to be immunized against H1N1 before block leave begins, that makes screening them as they return to post very important.

Everybody who has symptoms will go to sick in quarters," Coynor said.

Vaccinations for the seasonal flu began earlier this month.

DHEC has established a 24-hour hotline to provide information about seasonal and H1N1 flu. The phone number is 211.

Steve.parrish2@us.army.mil

Editor's note: See Page 23 for the seasonal flu vaccination schedule and the pri-

News and notes

ON-POST TRICK OR TREATING

On-post trick or treating is scheduled for 6-8 p.m., Oct. 31. See Page 26 for details.

PARENT TEACHER CONFERENCES

Fort Jackson schools have scheduled parentteacher conferences for Oct. 29 and 30 at C.C. Pinckney and Pierce Terrace elementary schools. Conference appointment will be sent home this week, and parent should return appointment slips to teachers as soon as possible. Those needing special arrangements should contact the teacher to make alternate plans.

TYCHSEN AWARD WINNER

Staff Sgt. Juan Hernandez, Fitness Training Company, 120th Adjutant General Battalion (Reception), was awarded the Brig. Gen. Andrew C. Tychsen Award Tuesday in a ceremony at Post Headquarters. The Tychsen award is an annual award given by representatives of the 100th Infantry Division Association. It is given to highest scorer among the Soldiers recently awarded the Expert Infantryman Badge. The recipient also receives a \$500 savings bond from the association.

171ST VETERANS DAY BALL

The third annual 171st Infantry Brigade Veter-

ans Day Ball is scheduled for 6 p.m., Nov. 6 at Tronco's Medallion Center, 7309 Garner's Ferry Road. The ball will begin with social hour at 6 p.m. All units and veterans are invited to attend. Command Sgt. Maj. John Burnes from Fort Ben-



ning's Ranger Training Brigade, will serve as guest speaker. For ticket information or to RSVP, call 751-7242 or 751-3316.

Great taste, celebrity draws crowd to annual Food Expo

By DELAWESE FULTON

Fort Jackson Leader

Good food and a visit by NFL Hall-of-Famer Franco Harris made for a successful fourth-annual Food Expo, organizers and participants said Tuesday.



Hall-of-Famer Harris auto-Franco graphs a football during the Food Expo.

The Food Expo, an appreciation event for Soldiers and post workers, is held each year to thank the post community members for their patronage and service, said Michael Heckman, the food program manager for Fort Jackson's Directorate of Logistics.

"We get together the community — AAFES, DOL, U.S. Foods, Johnson Food Service and other partners — and we meet the people (who use and purchase) our prod-

ucts," Heckman said.

Forty vendors, including Sara Lee, General Mills and ConAgra Foods, participated in the event, said John Nelums, a quality assurance officer for DOL.

"The expo includes a sampling of different (food) items that our training Soldiers eat on a daily basis. And, there are cash prizes, door prizes. The food (we're serving today) was donated by the vendors and U.S. Foods-Lexington/Columbia," said Nelums, who coordinated the event, which was at the NCO Club.

From 11 a.m. to 4 p.m. Tuesday, foodies from all over the post milled from table to table, contemplating what they would try next at the free-food fair.

Mini cheeseburgers, salmon burger patties, macaroni and cheese, chicken, cinnamon buns, honey buns, pizza, cheese burritos, egg rolls, chili and more could be found at this year's Food Expo.

Rosa Toland, a contractor with Balfour Beatty, said this year's food expo was the first she had ever attended.

"It's great," Toland said. "It looks like they are wellprepared for it. There is an abundance of food, and they

While many ate, many others crowded into a lounge at the NCO Club to get the autograph of retired Pittsburgh Steelers running back Franco Harris. In 1975, Harris was the Most Valuable Player of Super Bowl IX.

Harris signed autographs from 11:30 a.m. until past 1 p.m. in the club's Excalibur Room.

"For being out of the (National Football) League so long, I am surprised with today's turnout," Harris said.

Delawese.Fulton@us.army.mil



Photos by DELAWESE FULTON

Pfc. Carey Bolt, with Moncrief Army Community Hospital, samples a sausage and bell pepper dish at the annual Food Expo.

Army examines programs for families

By ROB McILVAINE FMWR Command

WASHINGTON — "Never before have we asked our families to do so much," Brig. Gen. Reuben Jones, Family and Morale, Welfare and Recreation commanding general told more than 600 family members, Soldiers and guests at the 2009 AUSA Meeting and Exposition recently.

The second and third days of the AUSA Family Forum series brought Army and civilian leaders together to examine the progress of its existing programs, such as Comprehensive Soldier Fitness, benefits through the Veterans Affairs, outreach to Iraq and Afghanistan veterans, Franklin Covey's Power pilot program and the Military Child and Adolescent Center of Excellence.

Community partners who embrace Soldiers and their families presented briefings about their programs, as well. These included Project Home Front, Operation Give a Hug, Azalea Charities and INOVA

"Our families are showing stress," Jones said. "We know the strength of our Soldiers comes from the strength of our families, as Gen. Wickham so eloquently said."

Retired Gen. John A. Wickham Jr., former Army chief of staff and former secretary of the Army John Marsh signed "The Army Family," Aug. 15, 1983 to help increase funding

and oversight of programs like child development centers, family counseling and suicide prevention.

"Yesterday, Secretary of the Army John McHugh, Army Chief of Staff Gen. George W. Casey, Jr., and Sgt. Maj. of the Army Kenneth O. Preston reaffirmed the Army's promise to Soldiers and families by signing the Army Family Covenant — to build resilience in our Soldiers and families," Jones said. "Your Army is working to relieve your stress."

Brig. Gen. Colleen McGuire, director of the Army's suicide prevention task force, reported on what she called an unfortunate trend — the steady increase in the rate of Army suicides.

The Army has identified a long list of factors that increase the risk of suicide, including: infidelity, alcohol abuse, high-risk driving, multiple drug offenses, use of opiates, sleep deprivation, erratic behavior, compressed dwell times between deployments and undiagnosed PTSD.

"We have the programs, we have relationship counseling, we have drug testing, but we've been heavy on the treatment and not on how to deal with the stress," McGuire said.

McGuire said the Army continues to examine its counseling, drug testing and medical treatment programs to see if they are effective at mitigating those risks and addressing the needs of today's Soldiers.

Brig. Gen. Rhonda Cornum directs Comprehensive Soldier Fitness, the Army's new effort to ensure its Soldiers, families and DoD civilians are strong mentally, as well as physically. The motto is "Strong Minds, Strong Bodies."

"We all know how to perform CPR, the method to revive someone after they suffer a heart attack," Cornum said. "It's better, though, if we can prevent that heart attack through exercise and diet and medication. In CSF, that's what we are doing for behavioral health.

"People enter the service with a wide variety of mental strengths, but we can make them better through good training and good risk preventive maintenance," Cornum said.

Cornum said this training is most needed by the Army's recent influx of very young Soldiers who face the complex array of stressors inherent to warfare in Iraq and Afghanistan. These young Soldiers, who enter the Army with varying degrees of mental preparedness, are often asked to accomplish offensive, defensive, stability and civilian support tasks within a very short period of time.

CSF will be available for the entire force beginning this month, and will be available in January for families and in March for DoD civilians. The comprehensive effort has four components: an online self-assessment tool, online self-development tools guided by the assessment, resilience training and master resilience training.

Preparation acts as bat against life's curveballs

e all enjoy bright sunny days, with a gentle breeze rustling through the trees. The warmth of the sun's rays warming our skin seems to melt our troubles away. But what if on that same day, a thunderstorm unexpectedly arises?

Will you be prepared? Did you remember to let the windows up on your car? Do you have an umbrella?

Your preparedness for the unexpected could have small or great consequences. Our financial preparedness for the expected and for the unexpected could also have life altering consequences.

Sometimes, things don't go as planned. We cannot plan for every single event that life may throw at us, but it is important that we take reasonable precautions. We buy auto insurance, just in case we have an accident. We obtain health insurance, so that we can receive medical care if needed.

Financial planning could be looked at as a form of insurance for the lifestyle you wish to maintain. Financial planning does not have to be on a grand scale. Where you are in your life will dictate the level of planning you need.

Most financial gurus agree that the earlier you start preparing for your future, the better off you will be. If you are a young couple with small children, you may need to think about planning for the purchase of your first home or for your children's education. If you are a single middle-aged adult without any children, your main focus may be on ensuring that you are cared for during your later years in life.

Regardless of your current status, it is

FINANCIAL ADVICE

By ANGELA CROSLAND
Army Community Services

important for you to prepare for rainy

We all should budget for car or home repairs. The use of a "Christmas club" account at your local financial institution is a great budgeting tool for Christmas expenses.

Do you rent your home or apartment? If you do, then renters insurance is a low-cost way of insuring your household goods against theft, fire, etc. If you or your partner are involved in an accident and cannot work, will you be able to sustain yourself financially?

Getting into the habit of asking "what if" will force us to look at our situations and perhaps, get financially prepared. I once heard someone say, "There is bound to be some rain under the sunshine."

With that phrase in mind, know that life will occasionally through you a curveball. How we handle the curveballs can have a profound effect on our finances.

Some catastrophic events could cause financial ruin if you are not financially prepared. Using a financial counselor to help you understand what options are available for rainy days or to tackle an unexpected expense is a way to help you start the process.

Army Community Services has financial counselors who can assist you with budgeting and planning for your future. If you would like to speak with a counselor, contact ACS at 751-5256.

Shooting for success



Courtesy prioto

Pfc. Daniel Whitmer, Company D, 1st Battalion, 61st Infantry Regiment, earned the designation "hawkeye" by hitting 40 out of 40 targets in Basic Rifle Marksmanship training.

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☐ For questions regarding advertising or subscriptions, including classified ads, call (803) 432-6157 or (800) 698-3514. Classified ads can be faxed to (803) 432-7609, Attn: Leader classifieds or mailed to *The Fort Jackson Leader*, P.O. Box 1137, Camden, S.C. 29021. To submit a classified ad via email, send it to *skaress@ci-camden.com*. Classified ads are free for service members who are selling personal items. Limit the ad to 40 words.

Saluting the cycle's Basic Combat Training honorees

DRILL SERGEANTS OF THE CYCLE -



Sgt. 1st Class **Trent Merritt** Company A 3rd Battalion, 60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE Pvt. Bradley Hottel

SOLDIER OF THE CYCLE Pvt. Gerald Ligon

HIGH BRM

HIGH APFT SCORE Pvt. Brittni Spyker

Pvt. Daniel Jordan



Staff Sgt. Luis Hernandez Company B 3rd Battalion, 60th Infantry Regiment

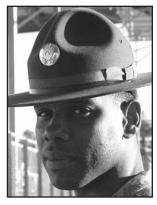
SOLDIER LEADER OF THE CYCLE Pfc. Alexander Urban

SOLDIER OF THE CYCLE

Pvt. Aaron Taylor

HIGH BRM Pfc. Allison Flowers

HIGH APFT SCORE Spc. Jaacob Stith



Staff Sgt. Kwesi Morgan Company C 3rd Battalion, 60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE Spc. Michael Hoghe

SOLDIER OF THE CYCLE Pfc. Jason Woods

HIGH BRM Pvt. Billy Gould

HIGH APFT SCORE Pvt. Stephon Grier



Staff Sgt. **Ronald Solly** Company D 3rd Battalion, 60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pvt. Thomas Snyder

SOLDIER OF THE CYCLE Pvt. Niover Lantigua

HIGH BRM

Pvt. Luis Rivera Garcia

HIGH APFT SCORE Spc. Ann Marie Kennedy



Staff Sgt. Brian Younger Company E 3rd Battalion, 60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE Pvt. Mary Golden

SOLDIER OF THE CYCLE Pfc. Peter Brown

HIGH BRM Pvt. John Neff

HIGH APFT SCORE Pfc. Serita Johnson

SUPPORT AWARDS

STAFF SUPPORT **AWARD**

JaRenna Floyd

TRAINING SUPPORT

1st Lt. Kenneth LeBlanc

SERVICE SUPPORT AWARD

Telisha Copeland

DFAC AWARD Darlene Keitt

FAMILY SUPPORT AWARD

Kate Boltz

Recurring meetings

WEEKLY

Walking away stress

Mondays and Fridays, 9 a.m. at the pecan orchard near the post office on Early Street, 751-6325.

Play group

Mondays, 10-11:45 a.m., Room 8, 5615 Hood St., for children 4 and younger, 751-1071/6304.

Range control briefing

Mondays and Fridays, 1 p.m., Education Center, Room 302, 751-7171.

Columbia Composite Squadron (Civil Air Patrol)

Mondays, 6:30 p.m., Owens Field, main conference room. E-mail tom.alsup@gmail.com or visit www.scwg.cap.gov.

Helping Everyone Reach Optimum Strength

Tuesdays, 5-6 p.m., Moncrief Army Community Hospital, seventh floor. Open to combat veterans and their family members, 751-2160/2183.

Protestant Women of the Chapel

Thursdays, 9:30 a.m. to 12:30 p.m., Main Post Chapel, Bible study and fellowship. Home schoolers are welcome. Free child care is available. E-mail *pwocjack-son@yahoo.com*.

Military Widows/Widowers Association

Sundays, 2 p.m., Moncrief Army Community Hospital, eighth floor, 787-2469.

MONTHLY

Ladies Auxiliary

Second Sunday of the month, 3 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

Seabees

Second Monday of the month, 7 p.m., West Metro Chamber of Commerce and Visitors Center, 755-7792 or 755-0300.

Veterans of Foreign Wars Post 641

Second Monday of the month, 7:30 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

La Leche League breastfeeding support group

First Tuesday of the month, 10 a.m. to noon, Room 8, 5615 Hood St., 751-5256/6325.

Sergeant Audie Murphy Club

First Tuesday of the month, 11:30 a.m., Post Conference Room, www.jackson.army.mil/360/SA MC/home.htm.

American Legion Post 182

First Tuesday of the month, 7 p.m., Officers' Club, 351-2333.

National Federation of Federal Employees

Second Tuesday of the month, 11:30 a.m., 4405 Forney St., first floor, 751-2622 or NFFE@conus.army.mil.

Disabled American Veterans

Second Tuesday of the month, 6 p.m., 511 Violet St., West Columbia, 796-7122.

Fleet Reserve Association Unit 202

Third Tuesday of the month, 1 p.m., 2620 Lee Road, 482-4456.

Vietnam Veterans of America Chapter 303

Third Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 312-4895.

Purple Heart #402

Fourth Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 351-2333.

Better Opportunities for Single Soldiers

First and third Wednesday of the month, 1:30 p.m., 4405 Jackson Blvd., 751-1148.

Victory Riders Motorcycle Club

First and third Thursdays of the month, 5 p.m., Magruders Club. E-mail sec@fjvictoryriders.com.

Weight Loss Surgery Support Group

- Second and fourth Monday of the month, noon, Weight Management Center, 180 Laurel St.
- Second and fourth Tuesday of the month, 6:30 p.m., Palmetto Health Baptist Breast Health Center, 1501 Sumter St., ground level, Meeting Room 2.

Society of American Military Engineers

Fourth Thursday of the month, 11:30 a.m., 254-0518 or 765-0320

MEDPROS training

Third Friday of the month, 1-4 p.m., Moncrief Army Community Hospital, Room 9-83. E-mail *Jaclynne.Smith@amedd.army.mil*.

Retired Enlisted Association

Third Friday of the month, 5:30 p.m., Moncrief Army Community Hospital, third floor, call 740-2319 or e-mail *jrodgers11@sc.rr.com*.

92nd Buffalo Chapter 20 DAV

Third Saturday of the month, except July and August, 11 a.m., DAV Headquarters 511 Violet St., West Columbia, 260-1067.

Fort Jackson Spouses' Club

Monthly meetings, visit www.fortjacksonspousesclub.com or e-mail Ft.JacksonSpousesclub@yahoo.com.

Veterans of Foreign Wars Gandy-Griffin Post 4262

Third Tuesday of the month, 7 p.m., 5821 North Main St., 754-1614 or 447-2320.

The Ladies Auxiliary Post 4262

Second Sunday of the month, 5 p.m., 5821 North Main St., 754-1614.

American Red Cross

New adult volunteers orientation, second Wednesday of the month, 9 a.m. to noon, 2179 Sumter Ave., 571-4329.

Combat Vets Motorcycle Association

Third Sunday of the month at noon. Call (774) 451-7504, e-mail *armyaguiar@yahoo.com* or visit *www.combatvet.org*.

Chrome Divas of Columbia

Second Saturday of the month at 10:30 a.m. Call 606-5402 or visit *www.thebikerchicks.com* for information.

Fort Jackson Bass Club

First Monday of the month, 7 p.m., Joe E. Mann Center. Open to active duty, retirees, DoD civilians, reservists, veterans and family members.

Visit www.jacksonanglers.com.

The Rocks Inc., James Webster Smith Chapter

Third Wednesday of the month, 5:30 p.m., Post Conference Room. Call 751-1898 for information.

SUBMISSIONS

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to fileader@conus.army.mil.

Housing events

Friday, Oct. 23

Neighborhood Watch party

6 p.m.

Enjoy music, food and fun for the whole family while learning how to be proactive against crime.

Friday, Oct. 28

Hallogreen costume contest

4 p.m.

Wear your best eco-friendly costume.

Saturday, Oct. 29 and Sunday, Oct. 30 Terror on Thomas Court

7-9 p.m.

Tour a "haunted house" on Thomas Court — if you dare. Because of the nature of the program, be cautious of bringing young children.

Every Tuesday Walking club

9 a.m.

Strollers are welcomed.

Every Wednesday Salsa dancing

6 p.m.

Come by to learn how to salsa dance.

Announcements

EXCESS PROPERTY SALE

Family and Morale, Welfare and Recreation has scheduled an excess property sale from 7:30 a.m. to 2 p.m., Oct. 23 and 7:30 a.m. to 1 p.m., Oct. 24, at 4510 Marion Ave. A preview will be available today from 10:30 a.m. to 2:30 p.m. Items being sold include: televisions, sofas, furniture, flatware and more. Cash, checks or credit is accepted. The sale is open to anyone with a valid ID.

COME SEE YOUR ARMY TOURS

"Come see your Army" tours are conducted monthly. The tours provide the community with an opportunity to attend a Basic Combat Training graduation; observe Soldiers in training; get hands-on experience with a state-of-the-art weapons simulator system; eat lunch at a military dining facility; and shop for souvenirs. Call 751-1474/5327 to participate.

RCI CLOSURE

All Residential Communities Initiative offices, including Housing, Residential Communities Office, and Unaccompanied Personnel Housing will closed from 11 a.m. to 4:30 p.m., Oct. 23. For housing-related emergencies, call 338-4809 or 413-8199.

RECLAMATION SALE

A reclamation sale for Soldiers is

scheduled for Oct. 26-30 at 2570 Warehouse Road. The schedule is as follows:

Oct. 26 — E1-E6, active duty, Reservists on active duty

Oct. 27-30 — all ranks

DHR CLOSURE

The Directorate of Human Resources (excluding the ID card section) will be closed from 11 a.m. to 5 p.m., Oct. 23. Call 751-6024/7731 in case of emergency.

POST OFFICE PICK-UP TIMES

The U.S. Postal Service has changed its pick-up time at the Fort Jackson Post Office from 3:30 p.m. to 3:10 p.m. All outgoing official business mail should be delivered to the Official Business Mail and Distribution Center no later than 2:45 p.m.

SECURITY DIVISION RELOCATION

The Security Division (fingerprints/ clearances) has relocated to the second floor of 4404 Jackson Blvd.

PET VISITATION PROGRAM

The Red Cross is developing a Pet Visitation Program to provide pets to visit Warrior Transition Unit Soldiers and families, Moncrief Army Community Hospital patients and more. If you are interested in volunteering yourself and your pet, call 751-4329.

MACH VOLUNTEERS

Volunteers are needed for the Red Cross and Moncrief Army Community Hospital. Volunteer positions for the Red Cross include: web designer/ manager, emergency communications caseworkers, data entry, computer technician, instructors (baby sitter training, CPR, first aid, AED).

Hospital volunteer positions include: transportation, clerical, data entry, public relations and help in various clinics. Visit the Red Cross office or MACH for information.

HEARTS APART

The Army Community Services Hearts Apart program is inviting family members of deployed Soldiers, or Soldiers serving on an unaccompanied tour, to participate in a video-teleconference with their Soldier during the upcoming holiday season. To participate, call 751-5458/1124 or Malissa. Welch@us.army. mil or Miranda. Broadus @us.army.mil.

AAFES UPDATES

AAFES is reintroducing and expanding its layaway options. Clothing, handbags and shoes are eligible for 30-day layaway, and some other merchandise is eligible for 60-day layaway. Any purchase of more than \$15 is eligible for lay-

away. A 15-percent deposit on the total purchase price is required to hold a product.

AMERICAN LEGION GOLF

The American Legion Auxiliary has scheduled its inaugural golf tournament for noon, Oct. 23 at the Fort Jackson Golf Club. For more information, call 799-6695, (843) 281-8513 or e-mail *Timbet1@aol.com*.

DHR FURNITURE

The Directorate of Human Resources will replace work stations/furniture Oct. 23-30 in Rooms 210 and 211 of the Strom Thurmond Building.

The Personnel Operations Work Center will relocate to Room 100 during that time

THRIFT SHOP

The Thrift Shop is hiring a data clerk. To apply, contact the Thrift Shop. Operating hours are Tuesday-Thursday, 9:30 a.m. to 3:30 p.m.

The Thrift Shop is also accepting welfare applications.

HIGH SCHOOL ESSAY CONTEST

"Being an American" contest is now open to students in grades 9-12 who are U.S. citizens or legal residents. This year's question: "What civic value do you believe is most essential to being an American?" The grand prize is \$5,000 for each regional winner. Entries are due Dec. 1. Visit www.beinganamerican.org.

GRADUATION TIMES

Beginning Nov. 1, graduation will be scheduled for 10 a.m. to coincide with the end of daylight saving time.

COMMISSARY TWEETS

DeCa will use Twitter and Facebook to post promotions, events and cost-saving programs. To receive tweets from the commissary, sign up at www.twitter.com/The Commissary. To become a Facebook fan, search "Defense Commissary Agency" or visit the fan page at https://www.facebook.com/pages/Defense-Commissary-Agency/131694158961?ref=ts

SFAC/WTU ACTIVITIES

The Soldier Family Assistance Center, located at 4512 Stuart Ave., has scheduled several domestic violence awareness seminars. Seminars are 10 a.m. to 2 p.m. each Friday in October and will be accompanied by free massage, facial, manicure or pedicure. On-site child care is available upon request.

COMMISSARY HOURS

The commissary hours for Veterans Day, which is Nov. 11, is 7:30 a.m. to 5 p.m.

Off-post events

LIBRARY CLOSED

All Richland County Public Library locations will close Nov. 5 for Staff Education Day. The library will resume its regular hours Nov. 6.

WOUNDED WARRIOR RUN

East Carolina University's Army ROTC and the Brook Valley Country Club have scheduled their Annual Wounded Warrior Run, Nov. 14. The race is in support of the Soldiers in the Fort Bragg, N.C. Warrior Transition Battalion. Visit www.woundedwarriorrun.com for information.

PALMETTO PAINTERS

Palmetto Painters has scheduled its November meeting for 10 a.m., Nov. 14, at Green Hill Baptist Church, 1734 August Road, West Columbia. The program is an oil still life, and will be taught by Mary Hartfield. Call 781-2340 or visit www.palmettopainters.com for more information.

KIDS IN PRINT

The Richland County Public Library is accepting entries for "Kids in Print," a publication featuring artwork, photos and writing by children, 6 to 18. Entry forms are available at all RCPL locations and online at www.myRCPL.com/children. Submissions are due Dec. 4, and selections will be made in the spring. The publication will be available in May.

LEADER INFORMATION

☐ Article submissions are due two weeks before the scheduled publication. For example, an article for the Nov. 5 *Leader* must be submitted by today.

☐ Announcements are due one week before the scheduled publication. For example, an announcement for the Nov. 5 *Leader* must be submitted by Oct. 29. Send all submissions to *FJLeader@conus.army.mil*.

☐ Call 751-7045 for information

☐ To place an advertisement in the *Leader*, including classified ads, contact Camden Media Co. at (803) 432-6157 or 1-800-698-3514. Ads can be mailed to: The Fort Jackson Leader, P.O. Box 1137, Camden, S.C. 29021. Ads can also be faxed to (803) 432-7609, ATTN: Leader Classifieds.

Army program supports violence victims

From the U.S. Army Center for Health Promotion and Preventive Medicine

Have you found it difficult to reintegrate into your family after deployment? Do you want to yell at your spouse/partner after a bad day at work? Do you feel like your life is out of control? Are you critical of your spouse/partner?

If you answered yes to any of these questions, you could be at risk for committing domestic violence. Domestic violence has been defined by many different organizations in different manners; the Department of Defense defines domestic violence in the following ways:

- An offense under the United States Code, the Uniform Code of Military Justice or state law.
- The use, attempted use or threatened use of force or violence against a person of the opposite sex.
- A violation of a lawful order issued for the protection of a person of the opposite sex who is a current or former spouse, a person with whom the abuser shares a child in common, or a current or former intimate partner with whom the abuser shares or has shared a common domicile.

The good news for Soldiers and their family members who experience domestic violence is that help is available. The Army has established a Family Advocacy Program to assist in coping with domestic violence. Specifically, FAP was designed to:

- Prevent spousal/partner and child abuse.
- Encourage reporting of all cases of abuse.
- Ensure that assessments and investigations of suspected abuse are completed in a timely manner.
- Protect victims of abuse and provide treatment to all family members affected by the abuse.

Many people think that domestic violence cannot happen to them. If you or someone you know is a victim of abuse and injuries are involved, the first step should be to go to the nearest emergency medical treatment facility.

FAP also allows for confidential reporting in cases of spouse/partner abuse. An adult victim of domestic violence can request a "restricted report." This report must be made to a medical provider (FAP clinical social workers are considered to be medical providers) within the medical facility, the victim advocate, or the victim advocate's supervisor.

The final decision on whether a restricted report can be supported must be made in conjunction with the FAP clinical social worker. If the risk for further injury to the victim is assessed to be too high, or if the injury is very serious (shooting, stabbing, etc.), then a restricted report

will not be granted.

The Army favors unrestricted reporting of domestic violence for several reasons. Unrestricted reporting allows for protective measures to be put in place for the victim, such as "cooling off periods," military protective orders or restraining orders.

Unrestricted reporting also provides an opportunity to hold the offender accountable for his/her actions and to provide necessary intervention for the offender.

If the victim chooses to request restricted reporting, he/she may elect to receive medical care or supportive non-clinical counseling (including a safety plan, normalizing, and information on community resources) through the victim advocate, or the victim may receive clinical counseling through the FAP clinical social worker. These choices do not trigger the investigative process.

If the victim chooses the unrestricted reporting option, medical and counseling services are available to the person, but law enforcement and the abuser's command will be notified of the abusive incident and an investigation will be initiated.

For more information on domestic violence intervention, contact your local FAP at 751-6325, Military One-Source at (800) 342-9647, your local domestic violence/rape crisis center or local Army chaplain.

MACH updates

MACH CLOSES ENROLLMENT

Because of a shortage of on-post primary care providers, active duty family members will no longer be able to enroll for services at MACH. Family members will have a choice of Primary Care Managers in the TRICARE Prime network in the civilian community.

CATARACT SCREENING

The Moncrief Army Community Hospital Ophtalmology Clinic will conduct quick cataract evaluations Oct. 23 for all beneficiary categories, including active-duty family members, retirees and retiree family members.

A referral is not necessary to call for an appointment. To schedule an appointment, call 751-5406.

APPOINTMENTS ON TWITTER

MACH is announcing same-day appointments for primary care on Twitter. These are appointments that were initiated by a patient but were canceled. The open appointment will become available to the first patient to request it

Sign up at www.twitter.com/machcsd.

FOR THE RECORD

The scripture referenced in Chaplain (Capt.) Steven Rindahl's Oct. 8 column (*Spiritual and physical health go hand-in-hand*) should have been attributed to the 38th Chapter of Ecclesiasticus.

The *Leader* regrets the error.

Fort Jackson flu vaccination schedule

Fort Jackon's flu drive for family members, beneficiaries and retirees (with valid military identification) is currently under way.

Seasonal flu vaccinations (shots and nasal mist) are scheduled to be given at the Solomon Center during the following dates and times:

OCTOBER DATES

8 a.m. to 2 p.m. — 24, 26 10 a.m. to 5 p.m. — 28

NOVEMBER DATES

8 a.m. to 2 p.m. — 2, 7, 9, 16, 21, 23,

10 a.m. to 5 p.m. — 4,18, 25

DECEMBER DATES

8 a.m. to 2 p.m. — 5, 7, 14 10 a.m. to 5 p.m. — 2, 9, 6

The flu drive will continue until March, and additional dates will be announced later.

Those who have ever had a negative reaction after receiving a flu vaccine should consult their primary care manager prior to receiving the vac-

For more information on the flu drive, call 751-2434. Children between the ages of 6 months and 3 years will get

their flu shots at the Pediatric clinic on a walk-in basis.

The clinic is located in the Family Health

Clinic on the ground floor of Moncrief
Army Community Hospital. For more

information on pediatric flu shots, call 751-2210.

Fort Jackson has not yet received the HINI received but it is expected.

the H1N1 vaccine, but it is expected to be available by mid-December.

Based on guidelines from the Centers for Disease Control and Prevention, the following target groups will be the first to receive the H1N1 vaccine:

- Pregnant women;
- People who live with or care for children younger than 6 months;

Healthcare and Emergency Medical Services person-

— People between the ages of 6 months and

— People 25 to 64 who have certain chronic health disorders or compromised immune systems.

Because studies indicate those 65 and older are at less risk of contracting the virus, at this time, H1N1 vaccinations will not be offered to those in that age group.

Children younger than 9 will need two doses of the H1N1 vaccine, which will be given three to four weeks apart.

For more information about H1N1 influenza, or the seasonal flu, visit http://www.cdc.gov/h1n1flu/.

Victory Travel outshines FMWR calendar its online competition

By THERESA O'HAGAN

Family and Morale, Welfare and Recreation

Although sites like Expedia, Hotwire, Orbitz, Travelocity and Priceline can help you locate "cheap flights," what are you really getting?

In a "Consumer Travel" article, nationally syndicated columnist Ed Perkins writes: "Get over the idea of great online deals that somehow travel agents can't get: travel agents can get anything you can get for yourself. But they also have sources the typical consumer doesn't: deals limited to computer reservation systems that the public doesn't access, cruise and tour deals distributed directly by agencies or through their consortia and (often) the best consolidator of airfares."

Victory Travel has access to such systems and has consistently been able to meet and often beat the prices of on-

"Ticket prices are based on the availability of flights at the time of booking," said Brenda Davis, travel consultant, Victory Travel. "As a particular flight gets full and (fewer) seats are available, the price tends to go up. Often in late or last minute booking, the military discount can be a big savings."

Military discounts cannot be applied online.

Another way a travel agent can help is with his or her knowledge of cities and their associated airports. "A travel agent knows where to send you — which city and airport is the right one," Davis said. "We can also look at other cities that are close to your destination and save you money, such as flying out of Charlotte instead of Colum-

Travelers also need to be aware that cities can have the same names. For example, if you want to fly to Portland, Ore. and don't know the airport code, you could end up in

The majority of tickets are non-refundable and nontransferable, but tickets can be changed with penalties, restrictions and the cost difference between the old ticket

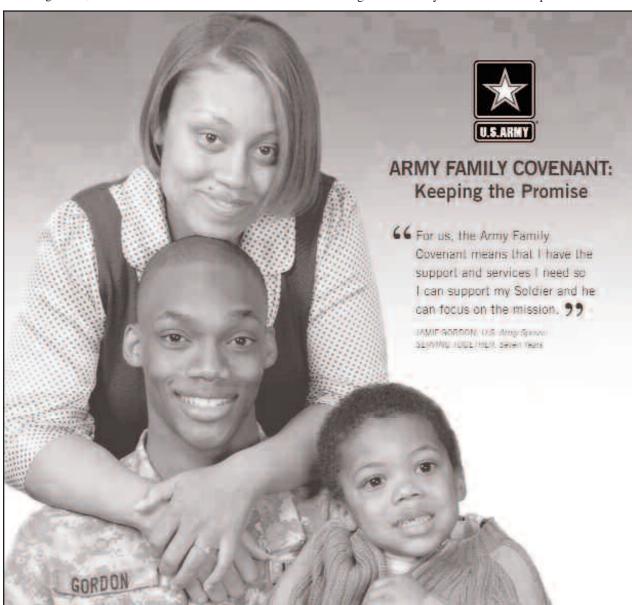
A refundable ticket is one that you can cancel at any time and get a full refund. However, those tickets can cost anywhere from hundreds of dollars more to nearly triple.

"The best way to protect yourself is to purchase traveler's insurance," Davis said.

Plans start as low as \$17. There are several companies to choose from and cover all sorts of travel calamities such as sickness, accident or death, weather, strike, quarantine, jury duty, and hospitalization of the destination host. Travel insurance can cover trip delays, emergency medical expenses, and more.

Victory Travel can also help travelers find points of interest, hotels, discount event tickets and more. The agency also has relationships with many popular destinations such as Disney, Universal Studios and other vacation spots in Virginia, Tennessee and Florida, and more.

"We're here to help," said Don Jackson, Victory Travel manager. "We always look for the best price."



THURSDAY

- ☐ Visit Century Lanes for food, fun and bowling.
- ☐ Magruders Pub and Club is open for lunch.
- ☐ Visit the Officers' Club 11 a.m. to 1:30 p.m. for specials or the buffet.
- ☐ Eat Right Cooking School with the EDGE!, 3:30-5 p.m. For more information, call 751-3053.

FRIDAY

- ☐ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- ☐ Dance to a variety of music provided by DJ Randall at Magruders Club, 9 p.m. to 3 a.m. Magruders Club is located in the back of Magruders Pub. Cover charge is \$5 for civilians and \$3 for military.
- ☐ Let 'Er Roll with the EDGE!, 5:30-7 p.m., Century Lanes Bowling Center. Open to children 8-15.

SATURDAY

- ☐ Step Team practice, 2 p.m., dance room at the Youth Services Center.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the NCO Club. Cover charge is \$5 for civilians and \$3 for military.

SUNDAY

- ☐ Family day at the Youth Services Center, 2-6 p.m.
- ☐ Traditional brunch, 11 a.m. to 2 p.m, Officers Club. Coat and tie are no longer required. T-shirts, running attire and flip flops are not permitted.

MONDAY

- ☐ Eat Right Cooking School with the EDGE!, 3:30-5 p.m. For more information, call 751-3053.
- ☐ PBA experience, 5 p.m., Century Lanes Bowling Center, \$18 per week.
- ☐ Family fun duo league, 6 p.m., Century Lanes Bowling Center, \$19 per duo.

☐ Haunt your house with the EDGE!, 3:30-5 p.m., 5955-D Parker Lane. Open to children 10-16.

- ☐ Karaoke night with Tom Marable at Magruders Club. Cover charge is \$5 for civilians and \$3 for military.
- ☐ Party night, 8 p.m., NCO Club. Cover charge is \$7 for civilians and \$5 for military.
 - ☐ Haunted House at the NCO club.
- ☐ Let 'Er Roll with the EDGE!, 5:30-7 p.m., Century Lanes Bowling Center. Open to children 8-15.

ONGOING OFFERS

- ☐ The Officers' Club is ready to host your next special event. The club's professional staff will ensure every detail is addressed so your event will be to your specifi-
- ☐ The NCO Club breakfast is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.
- ☐ Victory Travel has special offers for a variety of dinner shows and attractions. Currently offered are discounted tickets to Carowinds, \$30 per ticket, and Six Flags, \$27 per ticket, for the 2009 season. Some offers require reservations. For more information, visit Victory Travel in the Solomon Center.
- ☐ Child, Youth and School Services provides free child care and youth programming on Saturday for active-duty parents who must work to meet mission requirements and parents who are in the National Guard or Reserve during battle training assembly.

Campaign affirms pledge to drug-free life

By SANDRA BARNES

Army Substance Abuse Program

National Red Ribbon week, in which communities and students across America commit themselves to living drug-free, starts Friday and runs through Oct. 31.

Red Ribbon Week began as a grassroots tribute to a fallen Drug Enforcement Agency hero Enrique Camarena, who was murdered by drug traffickers.

Today, Red Ribbon Week is recognized nationally and celebrated, helping to preserve Special Agent Camarena's memory and further the cause for which he gave his life.

Red Ribbon Week is the most far-reaching and well-known drug prevention event in America. National Family Partnership, which coordinates Red Ribbon activities nationally, estimates that more than 80 million Americans participate in Red Ribbon events.

Please join the Army Substance Abuse Program in wearing a red ribbon to affirm our commitment to drug preven-

tion education, and to honor Camarena's memory.

If you have a question about the Red Ribbon Campaign, contact the ASAP office at 751-5007.

Editor's note: Sandra Barnes is the EAP coordinator. The hours of operation for the EAP are Monday through Friday; 8 a.m. to 4:30 p.m. For more information or to make an appointment, call 751-5007.

ASAP CALENDAR OF EVENTS:

☐ Unit Prevention Leader training, Oct. 26-30, 8 a.m. to 4 p.m.: Required training for all newly assigned unit prevention leaders includes training on drugs and alcohol, biochemical testing and substance abuse prevention. Seating is limited so get the request forms in early. The uniform will be duty uniform. Please do not schedule appointments during class time. All classes take place in the ASAP classroom, 3250 Sumter Ave. For more information, call 751-5007.

☐ ASAP provides prevention tips and education to the community on alcohol and other drugs. ASAP maintains a

wide selection of pamphlets and videos that can be used to get a further understanding of the dynamics of substance abuse and use. ASAP staff is also available to give presentations on the subjects of alcohol and drug abuse.

☐ Clients are only involved as long as needed. Services include follow up, case closure and evaluation of the services. If you are a supervisory referral and accept EAP assistance, you will be involved with the EAP until the problem is resolved.

☐ Sometimes supervisors recommend employees speak with the EAP coordinator because they are having problems at their work place. At the first meeting, information will be gathered to gain an understanding of the problems leading to the supervisory referral. Employees will be asked to sign a release of information that allows the EAP coordinator to speak with the supervisor to ensure you have followed through with the referral. No further information will be shared by the EAP coordinator about the employee unless the employee consents.

FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Ronald F. Taylor
Director,
Emergency Services/Provost Marshal
Sgt. Maj. Glen W. Wellman III
Provost Sergeant Major
Billy Forrester

Billy Forrester Fire Chief

CASES OF THE WEEK

☐ An area adjacent to Post Headquarters was inspected after a report of a gas smell in the area, Military Police said. MPs and Fort Jackson Fire Department personnel determined the smell was caused by the purging of a gas line, MPs said.

☐ Three civilians were issued permanent bar letters after attempting to enter Fort Jackson using illegal documents, MPs said. They were also ticketed for illegal entry.

TIP OF THE WEEK

Trick-or-treating (for Halloween) on the installation will be observed from 6 to 8 p.m., Oct. 31.

Please be extra careful when trick-ortreating in the housing areas, because many areas are fenced off for construction.

Here a few safety tips, whether you trick-or-treat on or off the installation:

- Never trick-or-treat alone.
- Carry a bright flashlight to illumi-



nate sidewalks, steps and paths.

- Always walk; do not run.
- Stay on sidewalks. If there is no sidewalk, walk on the left side facing traffic.
 - Cross only at corners, with adults.
 - Stay in familiar neighborhoods
 - Don't cut across yards or driveways.
- Avoid wearing masks while walking from house to house.
- Carry only flexible knives, swords or other props. Avoid pointed props that can endanger other children's eyes.
- Wear clothing with reflective markings or tape.
- Make sure costumes don't drag on the ground.
 - Visit houses that have lights on.
- Stay away from animals you don't know
- —Never go inside a house. Accept treats only from the doorway.
- —Always carry a spare Halloween bag in case yours breaks.
- Always be polite. And don't forget to say "Trick-or-Treat" and "Thank You."





CONTACTING THE LEADER

To contact the *Leader* about story ideas or announcements, e-mail *FJLeader*@*conus.army.mil* or call 751-7045.

For information about advertising, including classified ads, contact Camden Media at (800) 698-3514 or 432-6157.